

Recipe Name: Seared Salmon with Sweet Potatoes
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Recipe Categories: Main Dishes & Meats

Ingredients:

- 1 lb. sweet potatoes
- ¼ c. water
- salt
- pepper
- 1 bag baby spinach
- ½ tsp. cayenne pepper
- 4 piece skinless center-cut salmon fillet
- 1 lemon
- 1 c. dry white wine
- 2 tsp. capers
- ¼ c. chopped fresh flat-leaf parsley

Directions:

- 1) In large microwave-safe bowl, combine potatoes, water, and 1/4 teaspoon each salt and freshly ground pepper. Cover with vented plastic wrap; microwave on high 9 minutes or until tender, stirring halfway through. Add spinach; recover and microwave 2 minutes longer.
- 2) Meanwhile, sprinkle cayenne and 1/8 teaspoon salt on salmon. In 12-inch nonstick skillet on medium, cook salmon 10 minutes or until knife pierces center easily (145 degrees F), turning over halfway through. Transfer to plate. From lemon, finely grate 1/2 teaspoon peel onto fish; into cup, squeeze 1 tablespoon juice.
- 3) To skillet, add wine and capers. Boil on high 2 minutes or until liquid is reduced by half, scraping browned bits from pan. Remove from heat; stir in lemon juice and parsley.
- 4) Divide potato mixture among plates; top with fish. Spoon sauce over fish.